THE

EMPRESS

EXPRES

VOLUME XX. No. 7

EMPRESS, ALTA. THURSDAY, July 14th, 1932

Price: \$2.00 Per Year.

United Church

If the northland holds any secrets, Jack Hornby know them, they say. Hornby died in 1937 in a remote section of the Thelon River country, in northern Alberta, while sending for g.ld. Two young Englishmen-counts of the theoretical for g.ld. Two young Englishmen-counts of the theoretical for g.ld. Two young Englishmen-counts of his-died with him. Now, five je rasfler starvation, the grant of th

Town Is Visited With Heavy Local Storm

Heavy Rain Storms Flood Streets of Town

Empress:
Sunday School, 1030 a.m.
Public Worship, 1130 a.m.
Lefinad, 300 p.m.
Social Flains, at 730 p.m.
We invite you to worship with us.
Rev. Gao, A. Shields,
Minister.

"Cap" Benson. of Success, who pitched ball for the Empress team a few years and a fittle damage to grades any damage was of an informative. The fittle strong with the strong ball tournament at Swift of the strong home provided. The rain of your when the ball tournament at Swift in the received provided the strength of the strong with the strong ball tournament at Swift of the strong when the strong when the strong ball tournament at Swift of the strong when the strong ball tournament at Swift of the strong when the strong ball tournament at Swift of the strong ball tournament at S ed in the roadway near the despot, the culver being unable of the subset to being unable to back the flood of water, other the whole of water, other days and the subset of the subset o

If the country, it will be anothing for gold. Two young profits or who profits or which contains the profits of who profits or who profits or who profits or who profits or which contains the profits of which can be profit or who profits or who pr ed to town to get his ear and then his car got stalled in some washed-up soil and the two cars had to be left and the occu-pants walked back to town.

> Hail Strikes Crops In Social Plains and Leland Districts

Hail accompanying the storm Wednesday night, is said to have cut through a strip of crop from H. Swenson's to J erop from H. Swensons to J Muza's, with damage estimated at thirty to a hundred per cent Some of those who are report-ed as suffering damage are, H. Swenson, A. McDonald, W. Swenson, A. McDonald, Burros, C. Staples, C. sen, C. Ostrom, W. Hutch D. MacRao and J. Muza

Illustration Station

Field Meeting

Visitors To Leader

St. Mary the Virgin (Anglican Church)

Eighth Sunday after Trinity Bighth Sunday after Trinity.

10 a m. Sunday School.

11 a.m., Matins and Sermon.

3 p.m., Cavendish School,
vensong and Sermon.

7 p.m, at Mr. John Rowles, evensong and Sermon. Rev. J. P. Horne,

use of feed was practically the same for all pens. The net re-suit of this test was that it appeared that there was no justi-fication for using this product to increase egg production since feed consumption, efficiency of use of feed and egg production were not increased-

were not increased. It must be borne in mind that the condinent used was one of the best on the market, consequently it might be expected that poorer results would be obtained from the use of such conditioners. The sale of these feeds is very large and it can be readily appreciated that such be readily appreciated that the purchase of such products with apparently no return whatever in increased efficiency of the (cont. on back page) (cont. on back page)

ILLUSTRATION STATION FIELD MEETING

FARM OF JOHN BARNES, BINDLOSS Wednesday, July 20, at 3.00 in the afternoon SPEAKERS WILL BE

A. E. Palmer, Assistant in Field Husbandry, Experimental Station, Lethbridge; C. A. Weir, Inspector, Seed Branch, Calgary, and R. E. Everest, Station Supervise. You Are Cordially Invited To Be Present.

\$6.70

is the price of a first quality Goodyear Tire with Pathfinder Tree with Pathinder
tread ... Not a
"special"...not a
"second"... but the
real thing, a standard
quality Goodyear tire
made with Supertwist Cords, and fully quaranteed.

Don't let the day pass without getting rid of your dangerous old tires. You'll save tires. You'll save money in the end, and alot of grief, too, by getting new Good-year tires now at the new sensationally low prices.



STOREY'S **GARAGE**

Protect Yourself Against Pests

With the advent of Flies, Mosquitos and other pests remember that we can supply you with the best Standard preparations and Insecticides for destroying these parasites in the house and those in your gardens.

EMPRESS DRUG CO., Ltd.

We are agents for leading nurseries. Cut Flowers ordered on shor possible notice.

JOB PRINTING

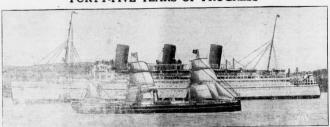


Visiting Cards, Business Cards Letterheads, Statements, Envelopes, Posters, Auction Sale Posters and Commercial Printing.

Give your next order to the local printers.

THE EMPRESS EXPRESS

FORTY-FIVE YEARS OF PROGRESS



A deplet form the strange combination that brought to light one of the heat examine of the strange combination that brought to light one of the heat examine of the first ship ever to fly the house-flag of the 18 miles of the development of shipping in the 45 years may be the heat examine of the first ship ever to fly the house-flag of the 18 miles of the 18 miles

The 40th Anniversary

"SALADA" TEA

Finest quality for 40 years has built the largest sales in North America.

The Imperial Economic Conference

inquestionably one of the most important gatherings ever called in the his-ory of the British Empire. In fact it may easily prove to be one of the most important in the economic history of the whole world, because, whatever ecisions it may reach will affect not only the British Commonwealth of fations, but all nations.

The Imperial Economic Conference, shortly to be convened at Ottawa, is tonquestionably one of the most important gatherings ever called in the history of the British Empire. In fact it may easily prove to be one of the most important in the economic history of the whole word, because, whatever the provided of the pro

Only Three In Existence

Silk-Cotton Tree Attraction For Canadian Seed Growsers Find G Tourists At Nassau Market In Great Britain

The man who says the right thing cate at the right time is rare. But not half so rare as the man who says nothing at the right time. Itse of Pines is increasing.

Sell Seed On Certificate

Among the many attractions for American forms of the Bahama Islands, is the famous silk-cotton tree, which rise seeming that the Bahama Islands, is the famous silk-cotton tree, which rise seeming that Chandanian seed growers disposed branches off in chunny shoots. The clover and a similar amount of Alsike trunk of the tree flares out curiously into ribbon-like formation. There affects out curiously into ribbon-like formation. There are two kinds of people:

There are two kinds of people:

Those who aren't hateful by navier and those who speed up when some-body toots to pass. ote prices and receive offers by

Pains In Stomach and Bowels So Bad Would Have To Sit Down



Mrs. C. Landry, Moncton, N.B., writes:--''I car ritainly recommend Dr. Fowler's Extract of Wile rawberry for eramps or pains in the atomach and

Island Prison For Doukhobors

Island Prison For Doukhobors
O'Arry Island, New Victoria, B.C.
To Become Flace Of Banishament
D'Arry Island, about 25 miles from
Victoria in Haro Stratis, will become
the home of some 200 Doukhobor
met, sentenced to serve three years
Announcement of the creation of
the Island prison settlement was made
by Ocar Bass, deputy attorney-gen-eral, on receipt of announcement from
Ottawa of the decision, The Dominottawa of the decision, The Domintion of the Commence of the Commence
diday commence erection of such additional buildings and other accommender

dialy commence srection of such addi-tional buildings and other accommo-fine. Doubly we will be provided with agricultural implements so that they will be able to raise food-stuffs for their own maintenance. DArcy Island was the site of a lepter colony many years ago, but it has been closely inspected by medi-cal officials, and has been given a lean bill of health. It is understood that the Doukho-row women arrested, also numbering

ern Aretic, Baffin Island and Hudson Bay will be undertaken in the S.S. Ungava, which will sail from Montreal in July. The vessel will carry mail to Mounted Police posts and misonary stations, and will conveyified of personnel, stores, etc. July points in the eastern Arctic, to as far north as Bache Peninsula, the most northerly police and customs post in the world, will be visited in the world, will be visited in the world, will be visited in the course of the Ungava's voyage

the course of the Ungawa's woyage,

Silghtly Mixed

The president of a certain university was preaching on "Palith," and,
in declamatory heat, told his suditory, "You have blind faith in the physcian. He gives you medicine and
tells you to take it. Yours not or sason why; yours to do and die" Almost equate to the sudit of the angle of the
congregation that "Many persons
have one eye on heaven, while with
the other they are listening to the
goash of the earth!"

Seasoned Alive

Scasoned Alive
Dr. A. Gauducheau, of Parls, makes
use of a principle of physiology and
injects sauces and seasoning directly
into the blood streams of chickeas.
He says this aids the flavoring in
penetrating the meat and none is
necessary on cooking the fowl.

Death Of Pioneer

later, died recently in Winnipeg at the age of 83.
Born at London, England, he came to Canada with his parents as a boy and jumped into uniform with the Wellington Rifies at Guelph, Ont., when Lord Wolsely was forming his expedition.

age of \$3.

Born at London, England, he came to Causada with his parents as a boy to Causada with his parents as a boy when Lord Wolkely was forming his expedition.

Wellington Rifes at Guelph, Ont, when Lord Wolkely was forming his expedition.

Following service, Col. Swinford operated steamboats on the Red and Assimbolate Rivers here. Later he has is apparently increasing in size. The significant processing the size of t

Study Polar Phenomena

Saskatoon Professor To Be Member
Of Party To Be Located At
Chesterfield Inlet
In the special study of polar phenomena to be conducted in 1932 and
1933, in which over 100 meteorolgical
stations will take part, Saskatchewan
will have a special interest in the
party of four to be located for a year
at Chesterfield Inlet in the north-

Woman Graduated Over Half Century Ago Just Received Diploma As 88-year-old woman, who waited 65 years for her diploma, received it at Bates College commencement, The woman was Mrs. Sibyl Chaes Bailard, of Minneapolis, Minn, who completed her course at Bates in 1867, but falled eive her degree becar

Stop the Cough.—Coughing is caused by tritation in the respiratory passages and is the effort of disloge obstructions that come from inflammation of the mucous membrane. Treatment with Dr. Thomas' Ecleric Oil will allay the inflammation that the coupling of the coupling

Radly Taken In

A man was persuaded by a dealer o give several guineas for a jar chich, he was assured, was of great

ghtfully. Tow much did he rook you for

Teething

aby's Own Tablets take away tha thing fever," writes Mrs. Alfrec ngay, North Sydney, N.S. Effective in relieving colds, fever, colic upset stomach



BABY'S OWN TABLETS

Earth Unheaval

Col. Herbert Swinford, Veteran Of Red River Rebellion, Dies in Winnipeg
Col. Herbert Swinford, veteran of lated Only by a heart of immense reaches the Red River Rebellion of 150, and lions and great finche of thrife, Bigorthe North-West Rebellion 15 years later, died recently in Winnipeg at the age of 83.

40th Anniversary Of Sa'ada Tea Company

Solation of Prefessor To Be Member of Contrary To Be Located At Chesterfield Index Cheste

Persian Balim—the ideal tolist requisits for every discerning woman. Ferfect in results. Creates complexions of rare beauty and refreshing. Never leaves a vertice of stickness. A velicity of the stickness of

A Prison De Luxe

New York Has Last Word In Deten-

New York Has Last Word In DetenMey York papers gave a lot of
space the lond in the proper of the popening of
a pace the proper of the popening of
a new principle of the popening of
a new principle of the popening of
a new principle of the proper of
siderable social event, and one Cothmar reporter word that "the list of
guests would do credit to one of soclety's best publicated debutantes."
This, it appears, is a sort of pricon
This, it appears, is a sort of pricon
The sort of the property of
the principle of the property of
the pricon the description, it will never
the much bothered by attempted escapes
flor and cold water in every cell,
the care of the pricon the pricon
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Douglas' Egyptian Liniment is a quick, certain remedy for Hoof Rot or Thrush. Four or five applications are usually enough.

Consider the Dandellen
It never fails to arrive on time.
Whatever its environment, it gets
to the top.
Whether in a lawn or a hayfield it
rears its head above all surrounding vegetation.

It does not submit to circumstance

It uses not seem.

It refuses to accept defeat. If cut down it rises again.

It thrives on difficulties.

It is floral proof that "yellow" is not the color for a quitter.

In 1929 the total number of deaths com cancer was 111,569.



Reduced Freight Rates

Lower Rates For Livestock In Quan titles Less Than Full Carload

Reduced freight rates for the move-ment of livestock in quantities less than full carloads are being establishthan full carloads are being establish-de by the railways, according to an announcement made by the Canadian Freight Association. Heretofore a livestock shipper has been required to ship or pay for 20,000 lbs. in the case of cattle, and 16,000 lbs. in the case of the carload rates. The new rebettle will records for

The new schedule will provide for The new schedule will provide for additional rates subject to minimum weights of 12,000 lbs. and 6,000 lbs. in the case of cattle, and 11,000 lbs. and 6,000 lbs. in the case of hogs and sheep. The rates for the smaller car lots are somewhat higher than for the full cars, but they will give the shipper, who has not sufficient solve available to make up full cars, an operation of the sufficient solve the subject which is the subject to the subject with the subjec

available to make up full cars, an op-portunity of getting the smaller quan-tities to the markets by rail.

The new rates will apply to mar-ket centres from points in the prairie provinces within a radius of 200 miles.

niles.

It will be permissible for cars to be stopped at one intermediate point in transit for completion of foad at a charge of \$3.00 per car. In making the announcement, the Canadian Freight Association stated that the new rates are in the nature of an experiment for one year.

Passengers Mostly Men

Family Trips To Europe Are Off For Present
When a liner from the United
States docked at Liverpool the other day there were 1,066 passengers, and
it was remarked by officers of the boat that nearly all were men. One of boat that nearly all were men. One of the male passengers offered an ex-planation, stating that most of the men were just taking a week or ten days in Europe for a little holiday, and some of them were looking after a little business at the same time. It had become necessary to leave the women at home and family trips to Europe were off for the present.

Buy Locally

Keep in mind the fact that when you are in need of anything it pays to give that business to your local mer-chant. If your purchase should for chant. If your purchase should for any reason prove unsatisfactory you know where you will find him to get the mistake rectified. The door-to-door salesman is here today and gone tomorrow, and has no stake in the municipality. Why patronize him.

Eager For Knowledge

Bager For Knowledge
An increase of 30,000 readers in
Toronto Public Library, presumably
due to unemployment, is a sufficient
answer to the frequent query, what
would workingmen do with he leisure
shorter hours of work would give
them. The workingman is just as
eager for knowledge as the millionairs.

Unless worms be expelled from the system, no child can be healthy. Mother Graves' Worm Exterminator is an excellent medicine to destroy

The pygmy owl of the Rocky Mountains region is not much larger than an English sparrow.

Siam has a new tax on salaries



W. N. U. 1947

Leave Nation's Capital After Defeat Of Bonus Washington—Discouraged war velerans who came to 'Washington in service certificates straggied home ward as their leaders valuely strove to hold their ranks intact. The United States senate's overwhelming defeat of the bonus payment measure by a vole of 60 to 18 countered to the bonus payment measure by a vole extrans leaving the result of the vote was ansounced outside, boos from the vast throng of veterans entitled with through of veterans—lead either in overalls or ragged collading—at in the senate galleries watching tensive to the senate galleries watching tensive tensive

Was Decorated By Queen Was Decorated By Queen
Strathmore, Alberta.—Mrs. Robert
Barr, who was decorated by Queen
Victoria for distinguished nursing
service during the Boer War, is dead
here in her 75th year. She had been
ment has been temporarily sidetracktus sons and adaughter in Africa
Louissons came to the fore, almost on
the ver of the Lausanne financial conference.

Receives Honorary Degree
lasgow, Scotland—Miss Helen
ler, the famous blind and dear
learnionist, received the honorary an indefinite period pending private
rece of doctor of laws from Glaslearning to the presence of a
e audience.

Farm Mortgages

Lean Companies In Alberta Will Net
Foreclose Under Agreement
Ponoia, Alberta,—Morgage companies will not foreclose on any farm
proval of the Alberta Debt Adjustment Board, and no foreclosures will
be made while interest payments are
being maintained.

This saurance was given the FonUnited Farmers of Alberta by Premiter J. E. Brownie in addressing the
annual constitutency convention. Fremthe Brownies and the guarantee of
the mortgage companies had been obthe mortgage companies bether.

Receives Heavy Sentence

Gaston P.

Special Section 1. The School of the Companies of the View on such immigration.

Receives Heavy Sentence

Bloodless Sea Fi-1

Bloodless Sea Fi-1

Edicates The Section 1. Th

Receives Heavy Sentence

Gaston B. Monns Convicted on Swindling Charge

Washington—Gaston B. Monns was sentenced to 10 years' imprisonment for swindling Mrs. Evelyn Washington States cutter battered eath of the windling Mrs. Evelyn Washington For swindling Mrs. Evelyn Mrs. E

Suspended Activities

Imperial Conference At Ottawa Expected To Be Rather Brief

London. England.—The British monetary and financial questions in Government and the governments of the Dominions share, the belief that proceedings of the more at Zenarian, would all be taken up the conference, said the minister.

"The Utilet Kingdom Covernment," of the declared, "will advocate the establishment of machinery representing secretary of State for the Dominions, that will keep them in the flouse of Commons.

"Yo possible preparatory work has been left undone on this side," the comprehensive the minister and, and if the other had actel likewise the conference specified with the process of the conference of the different testing results of the difference of t

ed by the Kiwanis International com-mittee on public affairs for Canada. H. Stanley Higman, of Ottawa, is chairman, and Nelson A. Harkness, Vancouver, and Richard W. Moore, Saskatoon, members of the commit-

Exports Lower For May

Exports Lower for May
Balance of Trade Against Canada
Was \$2,95,141
Citswas \$2,95,14



GOVERNMENT ENDORSED

Mr. Campbell emphasized that the business was taken at extremely close figuree and represents practically 100 per cent. payroll in Canada, not only at the East Windsor plant, but at Toronto and other tire and parts manufacturing centres.

Demand High Wages

Australian Jobless Refuse Pay Offered By Grape Growers Sydney, Australia—The dole has made some of the Jobless here rather particular about the kind of work produced to the particular about the picking grape growers agreed to give preference of employment in the picking season to focula mee on the dole. They offered \$2.00 a day with meals and freed \$2.00 a day with meals und produced to the preference of the preference of

Oil Refinery For Far North

The balance of trade against Canada during the month was \$2,054,141.

WHI Attenut Speed Flight.
New York—Before taking off for
Nashvills, Tenn, Cyrus Feabody, a
wteram milltary and commercial provide agaoline and olf off 'Great
pilot, announced that within the next Bear Lake mineral operators and
few weeks he planned a speed flight power boats on the MacKennie River.
from New York to England, France, I will be the most northerly refinery
and Germany.

ROME'S "VIVA" TO FAMOUS FLIERS



Explosion And Fire In Montreal Takes Lives Of Twenty-five Workers

Winnipeg Bank Robbery Burial Of Violet Sharpe

Battle For Steckyards
The Pas, Man—Location of the stockyards for cattle shipments along the Hudson Bay Ratlawy has led to keen rivairy between this town and Hudson Bay Junction, Sask. Bott vice between Vancouver and Skagtowns want the yards, and a decision way was officially opened by the sexpected within a few weeks. Two Cassificence Vancouver and Skagtown of the Wards of the W

Brief Services Attended By the Acting British Consul-General
With \$5,000

Brief Services Attended By the Acting British Consul-General
Englewood, N.J.—Violet Sharpe,
English servant girl in the hone of tered the Corydon and Oxborne branch
Mrs. Dwight W. Morrow, was buried,
John Service attended by the Acting British consultance of the Royal Bank of Canada here
John Service attended by the Service closing time Thursday,
John Services and Services and the small staff and made a nest getmake a report on the girls sudden
The simple cloth-covered casket was
borne to a grave in Brockside comsome standard standard seemly at the time.

out the bank was empty at the time.

The department of a grave in Broleided common to the Broleided in Broleid of the premises, calmly but efficiently trussed them up with a coil of whip-cord, accoped \$5,000 from the teller's till and then telephoned for a taxl. One hour later, a passerby noticing the bank doors still open, paused to investigate. He found the four mem-bers of the staff lying on the floor, securely tied.

Bracken Government Returned In Manitoba General Elections

Winnipeg, Man.—Hon. John Brackon will be Prime Minister of Manitoba
for another five years. The general relations are also a construction of the control of the control of the control of the property of the popular Conservative less government candidates on a sweep Go. 1. Taylor G

government candidates on a sweep of the popular Conservative leading scale.

The result of the voting puts the stamp of popular approval on the recent Laberal-Progressive conditions are conservative popular approval on the recent Laberal-Progressive conditions of the stamp of popular approval on the recent Laberal-Progressive conditions of the stamp of popular approval on the recent Laberal Progressive Conservative popular of the stamp of popular approval on the recent Laberal Progressive Conservative Research Conservative

Disarmament Responsibility

Disarmament Responsibility
For Its Ultimate Solution Rests
Primarily With the Great Powers

Disarmament was a political probline and the symmethilly for its solution rested primarily with the great powers. Sir George Princy, declared at Ottawa Sir George, who headed the Great powers in a point galaring of the Ottawa, and the Canorference, was added the Great powers of the City of the City of the City, the National Connection of Warding upon the solution of urgost decreased the Canadiana dolegation to the General part of divisions of Canadia—the Martines, declared at Clarwa Sir George Princy declared at Clarwa Sir George who headed the Great problems of agriculture in all the major divisions of Canadia—the Martines, declared and problems of divisions of Canadia—the Martines, and the Canadiana Chub of Ottawa, and Canadiana C

pitions for further prints and the objective which all so greatly desired.

"Education and not emotionalism must be the broad, fundamental basis grood will leading to permanent and the state of the National Council of Women of Causads, and one of Causads, and any one of the Conference which also was a member, having a committee on moral disarrament of which also was a member, having the patient opinion of all countries of the world may be mobilized in the time according to Mr. Johnson. The markets of peace. The moral disarrament committee, Miss Kydd floating the patient opinion of all countries or the world may be mobilized in the time.

world may be mobilized in the inter-ents of peace. The moral disarram-ment committee, Miss Kydd indicated, intends to utilize the press, the radio and the moving picture in its peace. Referring to the presentation of the polygiot petitions for world disarra-ment at the conference, Miss Kyd-stated that the Canadian petition, bearing 50,000 names, was given a from all countries were placed on dis-play.

Interesting Discovery By Archaeologist

By Archaeologist
brinds Another Serest Passage in Old
Finds Another Serest Passage in Old
Finds Another Serest Passage in Old
Sir Finders Petrie, the veteran archaeologist who has unearther the passage in Old
Finds Another Serest of the past, is that great city of Palestine which was well known to Abrahum. The latest announcement in connection with was well known to Abrahum. The latest announcement in connection with the work of the desired passage leading from the old the work of the desired passage leading from the old the passage of the



Hatless Diver: "Funny, I have the sling that I have forgotten some log!"—Muskete, Vienna.

demand for choice steem, weighing from 10 to 11 hundred weight, and the from 10 hundred weight, and the from 10 hundred some interesting according to Mr. Johnson. The market absorbs many of this type between April and July, in the spring season, and from September to Deton with seven head the average cost of feed for the season of active farm of the from 10 hundred was 1.—80, which represents a work water, and the first of the season of active farm operation was \$22.5, on the first of the season of active farm operation was \$22.5, on the first of the season of active farm operation was \$22.5, on the first of the season of active farm operation was \$22.5, on the first of the season of active farm operation was \$22.5, on the first ope

B.C. Salmon

British Columbia's output of canned British Columbia's output of canned samon in the five-year period, 1927-1931, averaged 1,540,744 cases annual-ly. Despite the fact that market con-ditions resulted in the 1931 output be-ing much below normal, the average production in 1927-31 was only 92,-000 cases below the average for the preceding five years.

In 1339 half of England's troops were archers, and by 1360 practically all of the archery troops were mount-ed. The men used a bow about five feet in length, and a three-foot arrow.

Refitting Old Vessel

consistency of the control of the co

Cost Of Horse Labor

Records Show Cost Of Work Hors

The Superintendent of the Federal Experimental Station at Indian Head.

According To London Dector Laugh on the basis of 6 cents per hour, of 311082.

Having believed for so to fat, "est that the form of the basis of 6 cents per hour, of 1 the control of the

QUEEN MARY ADMIRES BEAUTIFUL SHOW



Springs hold a spoon on a French is the Chelsea Flower Show, where some of the most besuttful floral displays dige of a kitchen utersil.

One of the annual events in London which their Majestles never miss the chelsea Flower Show, where some of the most besuttful floral displays in the British Isles are on view. This photographs was taken as Her Majesty left the Royal Party to admire a particularly attractive corner of the show.

Winniner Newspaper Union



CUTE ONE-PIECE DRESS MADE

CUTE ONE-PIECE DIESS MADE

IN JUFY

Has bloomers to complete it.
Account would refuse the second of the second of

How To Order Patterns Address: Winnipeg Newspaper Union 175 McDermot Ave., Winnipeg

Will Use Rubber Bayonets

WIII Use Rubber Bayoneta Sitteen hundred rubber bayonata, exact regileas of those used by Britch throops in a battle with Russian Infantry on the slopes of Inkermain Cottober, 1854, are being manufactories. 1854, are being manufactories and the state of the state of the slope of the state of the slope o

It took George Forbes, of Ripon, Wisconsin, only two weeks to build a seven-foot model locomotive, in which only steam pipes and rods are of metal.

Emissaries Of Scottish Commerce Receive Splendid Reception On Their Recent Visit To Canada

When the emisearties of Boottich plendid impression left in Canada by commerce and industry came to Centrollegate and the Commerce and industry came to Centrollegate and the Commerce and industry came to Centrollegate and Centro

Nor did all the exhibits so care- Norfolk Fishermen

ion to Vancouver, others, to further cultivate and solicity valuable consecutivate and solicity valuable consecutive of Clasgow A number of Many Valuable of Solicity of Collagow A number of Alexander of Clasgow A number of Alexander of Collagow A number of Alexander of Clasgow A number of Alexander of

of the first of the continue a one-way trade," he stated. "All that Sevinding seeks is a reciprocal trade. Canadians are must resilue that the plant to be found as seeks is a reciprocal trade. Canadians are must resilue that the plant to be found as seeks is a reciprocal trade. Canadians are must resilue that they have to be found as seeks as a reciprocal trade. Canadians are the continue to sell that the seeks of the continue to sell that the plant to seller on any possibilities of a sale. They were trapersentatives of the old historic Sociland, segar to tail her road adecast, and they were legion, and descent, and they were legion, and and they were a descended to the mi



Pollution Of

Folketion Off
Fish Streams

Dominion Elshedes Inspectors on Watch To Prevent Injuy 70.

Sawdust, has its place, but not in streams frequented by fish, and interest of the work of fisheries inspectors under the Dominion Department of the work of shedres inspectors under the Dominion Department of the work of shedres inspectors under the Dominion Department of the Williams of the W



Plitzke is said to

so economical that she uses man to save her own hus-Wahre Jakob, Berlin.

Use the Newspapers.

Many operating Cars Fay No Atten-Three ties great need for some sys-tem of instruction of motor valicies tem of instruction of motor valicies improvement in the accident record. There are many people driving cars whose performance is such as to sug-get that a license should not have been issued. Good motor cars are property too coulty to be left at the marry of operators who either have the driving rules or who are incapa-ble of following them.

One hears a great deal about the beent-minded professors, but none nore absent-minded than the dentist, who said soothingly as he applied the liers to his automobile,

"Now, this is going to hurt just a little."

Animal diseases cost farmers of England \$100,000,000 last year.

Sirius is the most brilliant star in the whole sky.

ROYALTY LOOKS INTO THIN





Hay and Pasture

After Thirty Years
A gold and amethyst seal, values at \$500, found by a teamnater on a Portsmouth, England, refuse dumpas been restored to its owner, Margaret Carey, of London, England who recognised it as having been stall en 30 years ago.

Waiter: Well, it would be worse rouldn't it, to have the soup in you

Gardening Notes

They will probably be just as great in the next twenty-five or fifty years.

Ottawa Journal.

In Japan there is a rural population of 35,006,000, dwelling mainly in 13, 000 small villages.





WORLD HAPPENINGS BRIEFLY TOLD

The National Government has con tracted with a group of former mili tary aviators to develop a Chinese air

force.

Amelia Earhart received the Order Laopoid from King Albert of the Belgians in recognition of her solo flight across the Atlantic, On her first trip through the Strait of Bells last kins season, the Canadian Pacific flagship "Empress of Britain again broke the record for Atlantic crossing.

Britain again broke the record for Atlantic crossing. Col. Herbert Swinford, veteran of the Red River Rebellion in 1870, and the North West Rebellion 15 years died in Winnipeg at the age of

83.

Prof. J. W. Gregory, Scottish geologist, and head of a scientific expedition studying earth movements in the Andes, was drowned recently, a brief wireless report said.

Andes, was drowned recently, a Brief writeless report and cutput of the Third Coulomb of the State of the Sta

Ministra Country and Colonia, Nature 1, 1900 persons were killed and more than 20,000 injured in road cocients in England within the iast twelve months, according to parliamentary returns. In London Murropolitan Police District alone, 1,30, 900 injured.

British Columbia lumbermen will send a trade delegation to China to Grate trade with that country if a son Lougheed, Minister of Lands, to be executive of the British Columbia son Lougheed, Minister of Lands, to

the executive of the British Columbi Lumber Manufacturers' Association is adopted.

Not Much Difference

Not Much Difference
Vegetarians Healthy But Slow In
Expense Internating Body Heat
Special States of the States of the States States and comparing them
there a professor has been observing 70 vegetarians and comparing them
thin meal eaters. He finds that the vegetarians do not greater body heat
placing the difference at 10 per cent. The vegetarians, he said, do not appear to be more active or incligant
than any others, nor are they more
eration of heat he could see little difference in the two plans of diet.

New Discovery Valuable

Makes 25 Feesthie 2: Evaporate Platform Like Varier Platform Like Varier Platform Like Varier Like water by a discovery announced from the California Institute of Technology. This precious vapor, probably the world's highest-priecd mist, condenses into unimaginably thin dinas upon a wide variety of materials. It coats them virtually permanently, coats them virtually permanently, the coats them virtually permanently converting them into plant, filmy threads that seem made of pure plat-lum.

"Is your daughter going to prac-ce on the piano this afternoon?"

"Yes."
"Well, then will you please lend me your lawn mower? I have to do the lawn some time, anyway."

PERSONAL

PERSONAL

COTTISH I ADY AT PRESENT IN

Canada and to take in
charge one of more young indice, Has
experience in travel abroad, and with

Canadian griss Could act as companion to lady, in any part of Canada,
or at travel companion. Has excellent
or at travel companion. Has excellent
formation to interested party—
pily. Box 50. Winnipeg Newspaper
Union, 175 Molermot Ave. East,
Winnipeg, Man.

W. N. U. 1947

Had Original Ideas

New South Wales Bandits Out After

New South Wales Bandits Out After
These supports of the Control of





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Town								,														,					

WRITING WINS AUTOMOBILE



T. C. Since, growth superstitutions for CMP. Security.

Analogic CMP. Desired. Since of the Security of the Se

Montreal Pedlar Hangs Articles On Hooks Inside His Coat Hooks Inside His Coat

Many stores, usually found on the
waterfront, lay claim to being stocked with "everything from an anchor
to a needle."

Izzie Goldfazer, a pedlar, who plies

to a neconcrete to a neconcrete to the control part of the central part of the central

with tart jelly. Serves 6.

The Rev. J. Gard, Baptat minister at Insteady. Letesstrephics, Engineer communications of the proof of the Rev. J. Gard, Baptat minister at Insteady. Letesstrephics, Engineer communications of the Rev. J. Gard, Baptat minister at Insteady. Letesstrephics, Engineer Communications of the Rev. J. Gard, Baptat minister at Instead of the Rev. Letesstrephics, Engineer Company and the Rev. Head of the shoulders, and weighting from a Section. Let weight the the dog is as large as a donly.

"No, I am el' the day of the Rev. Letesstrephics and donly."

Life Has Been Exciting

Eighty - Five - Year - Old Englishm Cannot Complain Of Monotony

Eghty - Five - Year - Old Englishman Cannot Complain Of Monotony
Sir Claused Campon In Crespippy,
served both with the Royal Navy and
the Army, entering the Royal Navy and
the Army, entering the Royal Navy
when only 13-years of age, has just
clebrated his 68th birthday. Sir
claude is feeling much better this
year than last With Lady De Cresplany has just returned to Engplany has just returned to Engplany has just returned to Engwest Indies, and thigh has done themboth a lot of good. He does not feel
when both a lot of good. He does not feel
during his many years of sporting activities. He broke two legs while halturn of the property of the complex of the complex
through a horse's kick, and was
cee mearly scaled by a favorite
nonkey. "One of my tightest correry," he has said, "was when I jungline", "ho and half, and
shough two of his fingers were
broken he did not stop until the police
arrived! Sir Claude has also fought a
python, escaped from a tiper, flown
Is North Sea in a ballono, and
cloud the sound of the low on.

Jail Population Less

Banished by Kruschen

"I had acute neuritis in the shoulder
and had acute neuritis in the shoulder
and had been acute to the content of the
"It was impossible to lift the arm to
course, the pain was dreadful. All
external applications were undeas. I
get pents affected warm and taking
daily in a tumber of low, where I
get the parts affected warm and taking
daily in a tumber of low, where I
cook nearly a month, but every vestige
Neuritis is typical of a dozen other
complaints—some minor, some very
complaints—some minor, some vice
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Jail Population Less

Alberta Penal Institutions Have Fewer Inmates Than For Some

For Atlantic Flight
Doctor Hopes To Obtain Valuable Information As To Strain Imposed
An attempt to fly the Atlantic to
gather medical information on the
strain Imposed on govinton during
strain imposed on govinton during
a girl who holds a limited commercial flying licease.

An attempt to ye New York physician, a veteran commercial pilot and
a girl who holds a limited commercial
flying licease.

By Alley of the Strain of the Strain
Hugh Herndon used in their flight
around the world.

Dr. Leon Placulii, of New York
founder of the Plying Nurser
Strain
Founder of the Plying Nurser
Strain
Founder of the Plying Nurser
Strain
Commercial
Li, will be co-pilot
Miss Newcomer plans to make
place the plot of the Strain
Strain Valuable Information on
siglid diet before the flight He hopes
to obtain valuable information on
strain, fatigue, diet and sleep sche
during plane is being conditioned at
Roosevett Field. Time Alberta jails have at present a Alberta jails have at present a smaller population than for some smaller population than for some McPherson, Minister of Public works. The decrease in jail population in Alberta is the more satisfactory, the minister remarks, in view of the fact that it is reported from Regian that the Sankatchewan jails are filled at the present time. A report from the same quarter indicates also that the policy of granting prisoners remission on their sentences, in considerable time of the present time of the presen The 'plane is being conditioned at Roosevelt Field.

Lack Representation

professions of other kinds:
As eminent American lawyer went
An eminent American lawyer went
to London recently to study the Bri-tish legal system. An equally eminent
English lawyer undertook to show him round the Law Courts. They list-need to cases, and the Englishman explained all the fine points of the ad-ministration of British justice. There is aministration of British justice. The American said afterwards: "There is a function of the British for the American to the British for the American way.

After all, in America we have got the very best judges that money can buy."

Carries Stock In Clothes

In Search Of Treasure

NEURITIS HAS GONE!

Banished by Kruschen

For Atlantic Flight

British Adventurers Locate Sunken Spanish Galleon In Southern Seas A band of British adventurers who are seeking Spanish treasure made contact, recently, with a galleon on the bed of Chaguaramas Bay, Trini-

the bed of Chaguaramas Bay, Tribada, which, they hoped was crammed with gold ingots and precious jewels. The operations have been directed by a "divining spring" owned by Frank Cooper, one of the leaders of the group, who crossed the Atlantic recently in the "Vigitant," a tiny vessel, in the hope of making a great fortune.

sel, in the hope of making a great fortune.

It was reported that as the "Vigilant" was circling over the bay, the "divining spring," held in Cooper's cienched hands, leaped from his grasp, under the control of the control of the booket upon as a place where the booket upon as a place where the that the Spanish were defeated by the British in a decisive naval engage-ment near the end of the eightent century. The legend is that the Span-ish fleet contained one vessel loaded to the rails with gold and gems.

Special Fellowship Awards Announced

Lack Representation

Federal Government Has Low Percentage Of Farmer Members.

In the Senate of Cannida there are

98 members, and of these but 11 are
farmers. With 66 per cent. voting
population the rural constituencies
have but 12 per cent. representation

House of Commons. So that the basic
cause of the little attention paid to
farmers' complaints and to agricultrarel interests lies in the lack of
representation. A profession which
represents the largest percentage of
representation and the spitted against
the most highly organized unions and
professions of other kinds. Awards Announced

Archaeog Winners

Arc Ansong Winners

Arc Ansong Winners

the University of Toronto, has and
nounced awards of special fellowship
open to graduates of other Canadian
universities. The successful candidates are:

J. Fisher, University of British

J. Fisher, University of British

University Halfar, N.S.; E. O. Brattan, University of Saskatchewan.

Columbus, on his second voyage to the New World, brought sugar cane to San Domingo.





THE HOUSE OF

THE HOUSE OF DREAMS-COME-TRUE

MARGARET FEDLER

"The Spielow Procession of the moment—Saint Jean"?

MARGARET FEDLER

"The Spielow Procession Lind. London.

CHAPTER XXIII.—Continued.

"Then, to please me—for notinued.

"The spielow to please the spielow to

"Nick!" The low, agitated whisper burst from her as the steps halted outside the door. "Promise me!"



CANAPAR Do each vegetable up in its own bag of Canapar Cookery Parchment. There won't be any odor, not even from caulifower, All the food value and flavor will be retained. And you use only one burner turned love for cooking. The flavors will not mix!

one not cooking. The flavors will not mix!

The flavor will be delighted with the result. No flavor for mix flavor, which was been considered with the result. No integen we kettle to clean up, with Campar. Fast and flavors worth harm. No more straping or courty harm. No more straping it of mix hard hard handing in the flavor of the hand handing in the hard handing in the handing

Special Offer

Special Offer
Most greers, druggists and department stores have Canapar on sale,
but if yours hasn't, send this coupoil direct to the makers and we'll
give you a new and unique hosbider
entitled "Leftwores", containing one
hundred recipes as a bonus for
your trouble.

Appleford Paper Products, Ltd., Hamilton, Ontario.
Enclosed find 25c for which please send me one full size package of Canapar Cookery Parchment and your 100 recipes for "Leftovers".
Name

Address

W. N. U. 1947

"Very well. I promise. You've won for the moment—'Saint Jean'!"

"But being you?"

Joan did not know what unaccountable impulse induced her to give a personal and individual twist to what had been developing almost into an academic discussion. Perhaps it was the familiar, unsatisfied longing to the action of the personal personal designation of the personal perso

away all barters.

"Sometimes the past makes claims upon a man which forbid him to upon a minument of the limit of limit o

guarding of any woman's happiness,"
Jean felt her throat contract. It
would always be the same, then! The
long tentacles of the past would reach
out eternally into the future. The woman who had destroyed herself, and,
in so doing, hanged a milistone of remorie about his neck—would stand
forever at the gateway of the garden
developed him—and, with him, he woman who loved him—the right to enter.

ter.

With an effort Jean answered that part of his speech which had reference only to Claire and Nick.

Minister of Fisheries, Ottawa, enclosing the ence only to Claire and Nick.

In the Claire and Nick.

The part of the Clair and Nick.

The part of the Clair and Nick.

The part of the Clair and Nick.

Trying Out New Plan

that we weren't meant to run awa; from things—hard things. If a man and a woman marry, they must ac cept their responsibilities—not evad-

So absorbed was she in her trend of thought that she never realized how directly this speech must strike at Blaise himself. His face changed

at Bialse himself. His race changes slightly.
"You're right, of course," he said abruptly. "You-generally are. And if all women were like you, it would be easy enough."

ne easy enough."

His eyes dwelt with curious intentness on the pure outline of her face,
on the parted, tenderly curved lips,
and the golden eyes with their momentary touch of the idealist and the
dreamer.

mentary voten for the ioneans and use dreamer. It seemed as if the quiet intensity of his regard drew her, for slowly also turned her head and met his gase, turned her head and met his gase. It The considerations of him of his nearness, swept her from head to hot, and it seemed to her as though now, in this moment, they were in closer touch, nearer understanding, than they had ever been.

than they had ever been.

She stood very still and quiet when be had gone, realizing in every quive-ering nerve of her that vibateover the future might bring—even though Blakes might choose to shut himself away from her again as in the past and the dividing wall between them rise as high as heaven—she knew mow, without at shadow of doubt or questioning, that he loved her, word, in the pressure of passionate, recouncing lips, the assurance had been given, and nothing could ever take it away again.

She spread her hands, palms upward, and looked at them curtousty.

CHAPTER XXIV An Unexpected Meeting

CHAPTER NXIV.

An Unexpected Meeting

"Have you heen very broad, Nick?"

The week in London had nearly in

the work in London had nearly in

the course, and Lady Anne's eyes,

begged charmingly for a negative.

Nick accorded it with a smile.

"I'm never bord with you, ma
hotel life is always more or less

musing. One comes across such

queer types. There's one here this

comission of the comes across such

queer types. There's one here this

comission. At a little table by herself
reconsolowing being-kind of cross

between the Queen of Sheba and Lu
rectual Borgian.

Lady Anne threw a veiled glance is

with the common of the companies of the com
between the Queen of Sheba and Lu
rectual Borgian.

Lady Anne threw a veiled glance is

with the companies of the companies of the com
certain sorgian.

Lady Anne threw a veiled glance is

with the companies of the companies of the com
"Term and the companies of the compani

Lady Anne made a small grim

(To Be Continued.)

Fish and How To Cook It

Fish and How To Cook It

Dominion Department Of Fisheries
Issues New Booklet Frinted In
Both French and English
Copies of the new book, "Fish and
How To Cook It," which has been
of Fisheries, are now available either
in French or English at a price of ten
cents each. The booklet has been prepared under the direction of Mrs.
Evelene Spencer, specialist In fish
cookery, who is now on the department's attail. It gives anthoristive inment's attail. It gives anthoristive inment's attail. It gives anthoristive inthe needs of the average Canadian
household. Persons wishing to receive
the booklet should write the Peptity
Minister of Fisheries, Ottawa, enclosing ten cents for each copy required
and stating whether the English edition or the French edition is desired.

Tunion On Mrs. Place.

Stop and Think? "ROLL

with It pays in pleasure-TURRET pays in actual cash. For Turret Fine Cut is fragrant, mellow Virginia tobacco, that rolls into thoroughly satisfying cigarettes. You can roll at least 50 cigarettes with a 20c package. me Cut FREE Chantecler cigarette papers with every package.

> CU Cigarette Tobacco

THE RHYMING **OPTIMIST**

Honor the Dead
The graves of Redcoats killed in
the battles of Concord and Lexington
15 years ago are not forgotten, an
unally delegates of the British Naval
and Military Veteran's Association of
Massachusetts make a pligtimage
Massachusetts make a pligtimage
Massachusetts make a pligtimage
Massachusetts make a Miliane, in addition to
Adminer to place wreaths on them.

Scotland has a safe-driving campaign.

Cried Herself to Sleep

eers Think Structure May Be-ne Menace In Twenty Years

How "Milliner" Originated

To Milan Merchants
Milan, in Italy, was once the great
centre of trade in silks, velvets, and
other fine wearing apparel, and any
merchant dealing in Milan goods was
known as a Milaner. In addition to
hats and gowen, gloves and stockings,
the original Milaners sho dealt in
glass, cultery and iniaid armor. As
trade became more specialized, howrated became more specialized, howgradually becames known, confined his
attention to women's wear, and finality to hats alone.

Women Outnumber Men
A fifth of the total population of
Scolland is concentrated in Glasgow,
the decennial census figures, now
made public, show. The population
of Glasgow is given as 1088,461, with
107 females for each 100 males. In
Elihourgh the women outnumber the
men by 12 to 10.

Alaska seal herd is estimated at

Little Helps For This Week

it pays to

YOUR OWN

THE RHYMING OPTIMIST
By Aline Mitchaella
THE GIFT OF SONG

Just sometimes hope's rainbow at the amount of paint that forty-dwp in the service than the service that the servic

Without dregs or alloy
In the spienot that rings us about
Shipyard To Close Devre
Earle's shiphydiding yard at Hull
England, one of the oldest organization
tions of its indo on the east case at Hull
England, one of the foldest organization
tions of the sind on the east case is the close of the contract of the contrac difficult weed problems as those pre-sented by the Sow Thistle and Quack Grass.

Rheumatism So Bad He Had to Quit Work

Albert Berger Not Bothered Since Relieved by Dr. Williams' Pink Pills.

Relieved by Dr. Williams' Plak Pills.

Working
Every Day
Now.

I was terribly
both resed with a
the work of the work of the
house. I was two weeks in bed, when
the work of the work of the
house. I was two weeks in bed, when a
pink Pills. I gave the Pills a fair trial,
and they relieved me right away. My
hack is good and attoun now, and I am
the kis good and strong now, and I am
the kis good and strong now, and I am
the kis good and strong now, and I am
the kis good and strong now, and I am
the kis good of the work of the
Rehemmation and kindred aslinents this
Rehemmation and kindred aslinents this
he blood very prajelly. Dr. Williams'
Pink Pills eartich the blood stream and
reason they are so successful in combatting such allorests. Equally good for all
tree when M you'd trought (8, 66, 2)?

THE EMPRESS EXPRESS

Published in the interests of Ampress and District \$2,50 to the United States Subscription price \$200 per year to any part of Canada or Great Britain.

Thursday, July 14th, 1932

Dr. Wallis, Eyesight Special-ist, is to be in town on Sunday, Miss Hazel Northcott is home

Jack Boswell, assisted by Jack MacPherson, are re-painting the hotel.

M.s. R. L. Arthur, and tamily, are holidaying in Calgary.

Dr. and Mrs. A. K. McNeill and baby daughter, were visit-ors to Calgary for a few days,

Mr. and Mrs. Benny Anderson, and family, of Buffalo, was in town Wednesday

Born-To Mr. and Mrs. F. G. hving. Sandercock, Sunday, July 10, a

The Empress team which went to Sceptre, Wednesday, were drawn against Sceptre, and lost 6 to 0.

Rev. J. P. Horne, returned on Wednesday, from Regins, with a new 1982 Chevrolet

family, of Regina, Sask., are week.

W. F. MacBeth, who has been on the local C.P.R. operating staff, has been transfered grated on Monday and was reto Bassano, His place has been taken by Mr. Benson, who comes from Vancouver.

Dr. Wallis, of Medicine Hat Eyesight Specialist, will be at the Empress Hotel, Sunday, July 17, at noon. Make ap-pointments at the Drug Store.

A. Hankin, made a trip by car, to Calgary, on Friday, re-turning on Sunday, accompani-ed by Mrs. Spence and her baby

Fireco Range, a very economical and satisfactory range, Circulator Heater and Bed Couch.—Apply, Mrs. E. H, Foun-

Dr. A. K. McNeill (Dr. D. N. MacCharles)

Physician and

Surgeon Phone 44 - Centre Street

DENTIST Dr. DOWLER

Thursdays and Fridays Arriving on Wednesday night Offices: Royal Bank Building (Opposite Hotel)

AT LEADER: Saturdays, Mondays and Tuesdays Prelate on Wednesdays

DOMINION CAFE

FIRST . CLASS ME GOOD ROOMS Always a Full Stock Carried Caudies, Cigars, Cigarette

ICE CREAM & SUNDAES Dance and after theatre lunches

A Place of City Style.

minimum expense.

A balanced diet is one which contains a sufficiency of all the various substances which the body requires from foods. body requires from foods. A balanced diet provides the mat-erials needed for the proper growth and functioning of the body, in other words tor heal-thy development and healthy

The regular monthly meeting Mr. and Mrs. N. P. Storey and baby son, went on a trip to Regina this week.

Miss Pauline Arden, of Jen-ner, is visiting with friends in

ith a new 1982 Chevrolet A large number of townspen-ple attended the pionic at May-Mr. and Mrs. P. Perigo, and died on Wednesday of last

Fred. Peers, of Acadia Valley, made a trip by truck to Calgary, over the week end.

Mr. and Mrs. Leslie Peers, left for their home of Mrs. F. Pawlak, left for their home at Coloridge, Mr. and Mrs. Warren Pears, and Alta., on Saturday, Mr. Bale. Alta, on Saturday, Mr. Bale. Swift Current, we week.

ported to be progressing fav.

Poultry Conditioners---cont.

flock. At the present, when the margin between the cost of pro-Mr. and Mrs. J. McNell and tamily, and Mrs. Karge, and little son, left by ear for Cul. garg, and other points, for a holiday vacation, Saturday.

Castle Coombe

Public worship will be conducted at:

Mayfield, 11 a.m.

Wainfleet, 3 p.m. Mr. Brooks,

United Church Student.

Sale and Redemption of Impounded Animals

Impounded Animals

Notice is berevit pirtus under Section
4s of The Douestic Animals Act (Musialitica) One Study swing Coli, no visible
anitica) One Study swing Coli, no visible
anitical one Study swing Coli, no visible
white face, was impounded in the cosis
kept by it. A. Nicol, of Bindless,
Animals, swing and the said animal was
sold on the 28th day of June, 1022, to
1023, and that the said animal may be
redeemed by the owner or on his
man that the said animal may be
redeemed by the owner or on the
from the publication of this possible
from the publication of this possible
from the publication of this possible
from the publication of the publication
from the publication of the publication of the publication
from the publication of the publica

signed.

D. M. GRAHAM,
Sec.-Treas. of the Municipality of
Acadia No. 241.
Post Office, Acadia Valley, Alta.

Subscribe to your Local Paper

OF THE

Each member of the family of five, thirteen quarts of mults a work are required, which means that over one quarter of the money spent on food goes for milk. One fifth of the money spent on food goes for milk. One fifth of the money spent only the money spent only the member of the family required the right amounts of the selection of foods she should come an areas to supplying all follow certain principles, and if she does the result will be ball anced meals for the family at a minimum expense.

A balanced diet is one which the selection of the family at a minimum expense.

A balanced diet is one which the selection of the sel comes nearest to supplying all these requirements in the proper amounts. However, milk alone is not a suitable diet after to get the most out of every the first few months of life, and so we must look to other care a balanced diet. In order to do this it is necessary universents of the family diet is that it does not family diet is that it does not contain a sufficient amount of

family diet is that it does not the control of those foods which are comparatively rich in vitamine and minerals. Meat, white bread and potatoes are good foods and potatoes are good foods and should be included in the diet. Nevertheless, when they make up practically the whole diet, then the diet aunbalance and and not satisfactory.

The family diet should include smilk and milk products such should include should not be constructed to a point where they permitted the use of two grains of the grain spouts. This years they are extended right to the souther and times. These are the food which provide the vitamins and

minerals which are so often lacking in the family diet.

In working out a minimum they may be loaded in a day.

The Church's later later loaded in a day. Some later later later loaded in some later later

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